

As part of a new Combat Intro initiative, people attending Right Start will now have lunch at the Top of the Rock Club included in their briefings. See page 3.

## First Look

### Flu shot

Anyone who has been notified to receive a flu shot should report to the immunizations clinic between 9 a.m. – noon or 1-5 p.m. Monday-Friday, except Thursday mornings, through Jan. 28. For more information, call 2-3239.

### Circus in Praia

Circus Montecarlo will perform in Praia today-Sunday. Performance time today is at 9:30 p.m., and at 4:30 p.m. and 9:30 p.m. Saturday and Sunday. The circus is located on the left side of the road leading to the military port in Praia, directly across from the open skating rink. For more information and price of tickets, call 962-321-134 or 968-204-662.

### Commissary closed

The Commissary will be closed Monday for store reset, but open at 10 a.m. Tuesday for its grand re-opening.

### AAFES closed

The Army and Air Force Exchange Service will close the Ocean View exchange Monday and the Shoppette Wednesday for inventory.

### Preflight

■ **Days since last DUI.... 2**  
 ■ **DUIs since Jan. 1..... 1**  
 ■ **Current AEF..... 3 & 4**  
 ■ **Current FPCON..... Alpha**  
 ■ **Combat Nighthawk: Capt. Tracy Hampton, 65th Medical Operations Squadron and Master Sgt. Melvin Capers, 65th Air Base Wing**

## ALS mixer



Cassie Gleason and her husband Senior Airman Will Gleason, 729th Air Mobility Squadron, talk to Master Sgt. James Manak, 729th AMS, and Staff Sgt. Sarah Edwards, 65th Medical Operations Squadron, during the Airman Leadership School mixer. The class will graduate Feb. 18. (Photo by Staff Sgt. Olenda Kleffner)

# USAFE takes Combat Wingman to the next step

By Capt. Lisa Neidinger  
 USAFE News Service

RAMSTEIN AIR BASE, Germany (USAFENS) — USAFE's top leaders say the newest Command and Special Interest Program, Combat Wingman, launched successfully and is gaining altitude and airspeed throughout the command.

General Robert H. "Doc" Foglesong, commander, United States Air Forces in Europe, and Chief Gary Coleman, USAFE Command Chief Master Sergeant, agree that while the program is off to a good start, future efforts will continue to revolutionize the program.

"Our Air Force family has many members," said

Gen. Foglesong. "Combat Wingman is our way to ensure we all are looking out for each other, from the lowest ranking Airman all the way to the top. We all need someone looking out for us."

Airmen, civilian workers and family members throughout Europe have committed to each other, and many are now carrying the Combat Wingman card.

"We built a Wingman card that's being used throughout the command," said Capt. Rita Perez from USAFE Commander's Action Group, who helped launch Combat Wingman. "We estimate

See WINGMAN, Page 2

# Air Force Europe 2020: Defining the future

By Maj. Carrie Omdal  
 USAFE Office of Transformation

RAMSTEIN AIR BASE, Germany (USAFENS) — To guide U.S. Air Forces in Europe in preparing for the future, Gen. Robert H. "Doc" Foglesong, USAFE commander, created Air Forces Europe 2020.

"Our world is changing," the general said. "As a command, we're

transforming to meet future challenges and increase our warfighting effectiveness. Air Forces Europe 2020 provides the framework."

The fundamental principles of Air Forces Europe 2020 include: transforming doctrine, organization structure, basing and weapons systems to support U.S. and NATO strategic priorities; strengthening current, and for-

ing new, alliances; maintaining air leadership in Europe and Africa; and sustaining agile and lethal expeditionary forces ready to respond decisively and defeat those that threaten peace and freedom.

"Every aspect of our transformation complements the initiatives by the Department of Defense, NATO, and the European Command," said Brig. Gen. Rusty Findley, USAFE Plans and Pro-

grams director. "Our basing strategy, organization changes, theater security cooperation program and readiness initiatives are ensuring we can meet evolving threats and enhancing our international partnerships."

To facilitate this successful trans-

See FUTURE, Page 5

## Focus notes

### Combat Touch

Single and unaccompanied members dinner, hosted by the 65th Mission Support Squadron, is at 5:30 p.m. Thursday at the chapel.

Children and youth movie night is at 7 p.m. Jan. 28 at the chapel. For more information, call Chaplain (Capt.) David Knight at 2-4211.

First Reconciliation is at 3 p.m. Jan. 29 at the chapel. For more information, call Chaplain (Capt.) Matthew Glaros at 2-4211.

### PS2 tournament

A PlayStation2 Manned '05 Tournament is scheduled for 1 p.m. Feb. 6 at the Sun & Sand Hut. Admission is \$5 per player. There will be food, games, music and prizes. Sign up at the community activity center. For more information, call Staff Sgt. Phillip Burns or Staff Sgt. William Diehl at 2-5166.

### Hut doors open

The Sun & Sand Hut is open to all enlisted single and unaccompanied members from 6 p.m.-2 a.m. Friday and Saturday, 1-9 p.m. Sunday and 4-9 p.m. Monday.

### Game time

A Project CHEER game night is at 8 p.m. Saturday at the Top of the Rock Club.

### Blind volleyball

A blind volleyball tournament is from 10 a.m.-7 p.m. Jan. 29 at the Chace Fitness Center. Sign up by Jan. 28 by calling or e-mailing Master Sgt. Mike Schmick at [Michael.schmick@lajes.af.mil](mailto:Michael.schmick@lajes.af.mil) or 2-3136.

### Reading contest

Winter storms causing the blues? Visit the base library and sign up for the winter reading contest which runs through Jan. 31. Prizes will be awarded to the person who reads the most books in each of three categories: children up to 11 years old, teens 12-18 years old and adults over 18 years old. For more information, call the library at 2-3688.

### Lajes Idol

The Lajes Idol karaoke contest is at 9:30 p.m. Jan. 27 at the Top of the Rock Club. Sign-ups start there at 9 p.m.

### National Prayer luncheon

The 2005 National Prayer Luncheon is at 11:30 a.m. Feb. 11 at the Top of the Rock Club. The guest speaker is Chaplain, Col., Stephen Frick, USAF command chaplain. For reservations, call the chapel at 2-4211.

## WINGMAN, Page 1

over 21,000 members have formally become part of the Combat Wingman team by filling out a card."

Chief Coleman credits the Wingman standdown day Nov. 8 with really bringing the Wingman program into focus.

"The chance to take a day to step back and listen to one another, value interpersonal relationships, and identify members of the larger team by name — that was big. I think it really helped us come together even more as a force," Chief Coleman said.

Future events will reinforce Combat Wingman.

"The wings are all actively looking for ways to make the program more user-friendly so it's not a mechanical or must-do kind of thing," Chief Coleman added.

"Wingman Wednesdays" are now occurring at base facilities throughout USAF. These involve special discounts on fun ac-

tivities and non-alcoholic beverages during set periods for those possessing Wingman cards and accompanied by their Wingmen. "This incentive program began at RAF Mildenhall but is quickly being adopted by other bases," Capt. Perez said.

Increased participation in Combat Wingman will occur naturally as new folks join the USAF Team.

"We need to continue to educate those members who are in-processing our bases about the program and its benefits" Chief Coleman said. "The next step is to make sure we have a system in place that maintains Combat Wingman's current momentum especially as we approach our high personnel turnover season."

General Foglesong agreed, adding "As we bring in new people, we're also looking for new ideas for the program that we can share with other bases and ultimately export to other commands. 'Checking six' and caring for our teammates truly is a never-ending process."



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## Testing wraps up power conversion

**By 1st Lt. Aaron Wiley**  
**Deputy Chief,**  
**public affairs**

Switchgear testing caused multiple planned power outages over the holiday weekend Jan. 14-17 as two teams came to Lajes to study and help with power conversion testing, programming and training.

The end result of the testing means less power outages for Lajes, which was fully converted from base-generated 60 hertz power to commercially-produced 50 Hz power in September, and is now working on fully converting the user-end of the converted power.

"The power being supplied to the base is fully converted to 50 Hz power. However, there's a 'big tail' with fully converting the user-end of the power," said Maj. Michael Nelson, 65th Civil Engineer Squadron Operations Flight commander. "Things like the distribution system, large motors, transformers and lighting ballasts will need to be converted over time to realize the full benefit of converting to commercial power."

One of the teams here is a contractor, JAMCO Constructors, which has been involved for a couple of years in both the preparation for the power conversion as well as follow-up actions like testing and programming, Major Nelson said.

JAMCO installed \$2.5M dollars of switchgear this past summer, which connects Lajes to EDA, the local power company,

controls the generators, and switches the base back-and-forth between generators and EDA. JAMCO is also responsible for the testing, programming and training of base personnel, he said.

According to Major Nelson, the switchgear is a computerized/automated system. The testing was required to make sure all switchgear functions perform as intended.

"Most of what the switchgear is supposed to do automatically, we've been doing manually over the last several months until last weekend's testing and programming could be completed," he said. "The power outages people experienced were necessary for testing and programming being accomplished by JAMCO."

The outages are part of the process to ensure the switchgear is properly programmed and functions as necessary in various scenarios. The testing and programming also includes training for in-house personnel.

JAMCO is here to finish the final stages of the conversion and switchgear installation, the major said.

The other team is completing a study to help Lajes improve its efficiency with the commercial power, Major Nelson said. The team is made up of representatives from the Air Force Civil Engineering Support Agency from Tyndall Air Force Base, Fla., the Civil Engineering Maintenance Inspection and Repair Team from Do-



*Guy Hankins, project manager with JAMCO Constructors, and Tech. Sgt. Garry Warren, NCOIC of the base power plant, boot-up the control monitor of the monitoring and control cabinet that EDA, the local power company, installed at the base power plant. The cabinet belongs to EDA and allows base personnel to see the status of the base's and EDA's switchgear systems. (Photo by 1st Lt. Aaron Wiley)*

ver AFB, Del., the 735th CES from Ramstein Air Base, Ge., and Headquarters U.S. Air Forces in Europe Civil Engineer staff.

EDA also had a regional team of engineers involved in all the testing and programming to see how their equipment would respond to load changes, because most of their equipment is also new, said Major Nelson.

"The visits went very well," Major Nelson said. "The preliminary information from the study has already been benefi-

cial in helping us prioritize projects and equipment replacement to improve the user of our electrical system."

According to Maj. Nelson, the primary benefits will be to improve life expectancy of equipment and to reduce the base utility bills, but the overall result should be fewer and shorter power outages.

"The testing, programming and training has been excellent," said Major Nelson. "It essentially improves the reliability of the system."

## There's no such thing ...

**By Capt. Yvonne Levardi**  
**Chief, public affairs**

As part of a new Combat Intro initiative, people attending Right Start will now have lunch at the Top of the Rock Club included in their briefings.

"We'll take the people who attend Right Start up to the club for an orientation, to include lunch," said Maj. Craig Green, Lajes Combat Intro/Exit manager. "They're welcome to bring spouses and family members."

The focus of the lunch is to offer newcomers an overview of Lajes services.

"The 65th Services Squadron part of the newcomers' briefing is now being done at the club at lunch time on Tuesdays. We show a short services video and Col. Mike Silver, 65th Mission Support Group commander, talks about services programs and explains the benefits of club membership," said Kevin Gontarek, TORC manager. "We want new people and their spouses to be aware of the many things services does for them, and we want to ensure they know what a good deal club membership is at Lajes."

Mr. Gontarek said the briefing gives newcomers to Lajes a full picture of what

65th SVS has to offer here as well as the benefits of club membership.

"This is the proverbial 'Free Lunch' provided as a way to introduce newcomers to 65th SVS, to welcome them and to encourage them to take an active part in our programs and activities," said Larry Scoggins, 65th SVS deputy commander.

"I'm surprised this hasn't been done before – the TORC is one of our central facilities on base," Major Green said. "This gives that person who is new to base – especially that first-term Airman – an introduction to the club and what it offers."

# Renovations begin at Tradewinds

By Staff Sgt.  
Olenda Kleffner  
Crossroads editor

A three-phase project renovating the Tradewinds Dining Facility will begin Feb. 1. The program will improve the dining area, serving line and the kitchen area.

Improvements to the customer service area include new floors, carpeting and wall coverings. The front area will have new bathrooms, a new serving line and salad bar. In the kitchen, there will be improvements to the walls and floor drains and the dishwasher area will be expanded with equipment to dry the serving trays and dinnerware better.

"One of the best things about this renovation is it tackles all of the renovations at once and will result in a first-class facility in the shortest time rather than completing a little at a time, and having the facility always in need of repair," said Master Sgt. Donny Eubanks, 65th Services Squadron Food Service manager. "Right now, we have floor drains that don't drain, walls that are crumbling and peeling, dishwashers in areas too small to fit the entire assembly, and a worn-out serving line that wastes space."

"The new serving line was custom designed for this facility to increase space for customers and

improve efficient meal flow," he said. "The modernization of the equipment will allow top quality food preparation, and customers will enjoy a much more appealing dining area."

Additionally Sergeant Eubanks said worn and dated furnishings will be replaced and the entire area modernized with attractive, functional surfaces.

"Since the last renovation took place fourteen years ago the food service management recognized the need for facility upgrades," said Capt Carla Lugo, 65th Services Squadron Combat Support Flight Commander.

The renovation of the dining facility actually began a couple of years ago.

"Services was awarded a contract to renovate the restrooms and dining area in 2003, and in 2004 USAFE funded new equipment and a brand new serving line," the captain said. "And to top it all off, at the end of FY04, funds were awarded to renovate the kitchen and serving area to perform all the work at the same time."

"When we're done with the renovations in November, the dining facility will be fabulous," Maj. Steve Rickert, 65th Services Squadron commander, said. "We want the U.S. military and Portuguese employees to have a nice, comfortable place to enjoy top qual-

ity, healthy meals."

During the renovations the meals provided by the 65th Air Base Wing to Portuguese employees under the Work Regulation will not be available at the Tradewinds Dining Facility. The U.S. military will receive their food allowance as more money in their paycheck. The Portuguese employees can select either a cash food allowance or eat at the Air Base 4 dining facility, bldg. E-818.

"Portuguese employees electing the cash will be able to eat wherever they choose, and those electing the meal will be able to eat only at the Portuguese dining facility," said Major Rickert. "The daily meal at the Portuguese dining facility is a hot entrée, two side items, salad, bread and juice—the same meal provided to the Portuguese Air Force."

At the end of the first month, Major Rickert said the Portuguese employees can change their mind for either the money or the hot meal for the remainder of the renovation period.

Meal hours for the 65th Air Base Wing and the Portuguese employees at the Portuguese dining facility are shorter than they were at the Tradewinds. Breakfast is served from 7:30-8:30 a.m., lunch is between 12:30-13:30 p.m. and supper is 6-7 p.m. Breakfast is 8-9 a.m. on the weekends.

Major Rickert said there is limited parking at the Portuguese dining facility so there will be a shuttle bus service with stops at the Tradewinds and Portuguese Dining Facilities that will run for about 30 minutes before and after the meal period.

"Some specific exceptions to the overall meal plan still apply," the major said. "Fire department employees who are unable to leave their duty section will still be allowed to get a box meal from the flight kitchen as they currently do. Also, midnight meals will be served from the flight kitchen."

When the Tradewinds Dining Facility is completely renovated in November, the doors will reopen to both Portuguese employees and U.S. military members with a top-notch facility, major Rickert said.

"The renovation will enhance the functionality for the employees, facility sanitation will be easier to maintain and with the addition of new serving line we will be able to market products better," said Tech. Sgt. Andrew Mix, Tradewinds Dining Facility manager. "For the customer, they will be able to enjoy a great meal in a clean and comfortable setting. Finally, for the wing, it will be a facility we will be proud to have our visitors patronize."



## Pave the way

*The street and roundabout between the post office and temporary lodging should be completed by mid-March. After the completion of the roundabout, the road will be closed from the Pentagon Federal Credit Union to the walking gate for more road construction. (Photo by Capt. Yvonne Levardi)*

## Air Force announces selections to captain

RANDOLPH AIR FORCE BASE, Texas - Two Team Lajes first lieutenants here were selected for promotion to captain.

**First Lieutenant Donovan Cirino**, 65th Communications Squadron officer in charge of base network operations, will pin on captain in August and **1st Lieutenant Aaron Wiley**, 65th Air Base Wing deputy chief of public affairs, will pin on in September.

The Air Force captain promotion process selected 931 lieutenants for promotion to captain. The entire list is posted on the Air Force

Personnel Center's homepage at <http://www.afpc.randolph.af.mil/offprom/>.

The captain's process considered 949 officers.

The results of the CY04C Quarterly Captain Selection Process are as follows:

Selection statistics in-the-promotion zone:  
Line - 812 selected from 823 considered for a 98.7 percent select rate

Chaplain - 5 selected from 5 considered for a 100 percent select rate

Judge Advocate - 12 selected from 12

considered for a 100 percent select rate

Nurse Corps - 68 selected from 68 considered for a 100 percent select rate

Medical Science Corps - 10 selected from 10 considered for a 100 percent select rate

Biomedical Science Corps - 24 selected from 25 considered for a 96 percent select rate  
Selection statistics above-the-promotion zone:

Line - 0 selected from 5 considered.

BSC - 0 selected from 1 considered.

# DeCA celebrates renovations

By Capt. Yvonne Levardi  
Chief, public affairs

After more than a year of renovations, the base Commissary plans to shut down for a day then have a grand reopening to celebrate completion of the project.

The store is closed Monday for store reset, then the festivities start at 10 a.m. Tuesday with cake, pastries and coffee, followed by prize drawings throughout the day.

"This is our way of showing the community the renovation is finally complete," said John Nelson, store manager. "It's also our way of thanking everyone for their patience and showing them their new store."

Mr. Nelson said DeCA will have about five \$50 gift cards for the Commissary, and various vendors will have prizes available as well.

"We'll have a brief welcome, then Col. Danny Leonard, 65th Air Base Wing vice commander, and our regional director, Mike Dowling, will speak briefly," he said. "Then, throughout the day we'll hold drawings for prizes."

The grand reopening follows a complete store reset on Monday.

"The reset is basically twofold," Mr. Nelson said. "We moved everything around on the



Ana Vieira, a store clerk at the Commissary, hands Staff Sgt. Jason Swartz, 65th Communications Squadron, a sandwich made at the deli. The deli was one of the major renovations done at the commissary over the past year. (Photo by Guido Melo)

shelves during the remodeling to accommodate the work. As a result of this, everything we put out on the shelves is just out there and not in the proper order. Also, we're adding over 1,000 new items – they are here and waiting to be put out. So, the reset is to let us get everything lined up and add in all the new items."

Mr. Nelson said the store has also created some new displays.

"People are going to flip when they see what we've done. We've built some real special displays that continue to follow the Azorean theme we've had this year," he said. "It's going to be really nice and I hope to see a lot of people in the store Tuesday."



## New toys

(Above) Staff Sgt. Terrance Williams, 65th Security Forces Squadron, works on his mini pocket bike Monday in the parking lot for the soccer field in Praia.

(Right) Bobbi Lambert, wife of Senior Airman Jared Lambert, 65th Civil Engineer Squadron, rides her mini pocket bike around the parking lot Monday. One of the hottest and most controversial new toys in the United States, the current bike models – first introduced in late 2003 – range from \$200 to thousands of dollars for the higher-end Italian models used for competitive racing. Makers include Czech, Italian, Chinese and other Asian manufacturers. According to Anita Campbell, editor of *Small Business Trends*, an estimated 500,000 – 2 million have been sold in the U.S. since 2003. (Photo by Capt. Yvonne Levardi)



## Guam tour lengths change

RANDOLPH AIR FORCE BASE, Texas - The assistant secretary of defense has approved a tour length change to Guam.

Effective Jan. 1, 2006, accompanied tours will change from 24 to 36 months and unaccompanied tours will go from 15 to 24 months. The significance of this change is that Guam will become a long tour assignment versus a short tour.

Airmen with an assignment to Guam with a report no later than date of Dec. 31, 2005 or earlier will continue to receive short tour credit.

Those reporting Jan. 1, 2006 and later will serve the long tour and subsequently will receive long tour credit.

For more information on impacts of this change or to make a change to current assignment preferences, Airmen should contact their local military personnel flight.

## Service demographics offer snapshot of force

RANDOLPH AIR FORCE BASE, Texas - The Air Force Personnel Center here recently published its quarterly demographics report offering a snapshot of the service's active-duty and civilian force, as of Dec. 31.

More information can be found at the center's analysis branch website: <http://www.afpc.randolph.af.mil/demographics/>

## Holiday phone rates extended through Valentine's Day

DALLAS - The military exchange prepaid phone card rate reduction originally planned for the holidays through Jan. 5 has been extended through Valentine's Day for calls placed from deployed locations using 550-Unit and 200-Unit Military Exchange prepaid phone cards.

"Because AAFES understands the necessity for affordable communications between the front lines and the home front, we aggressively pursue ways to reduce prices with AT&T to secure a reduced rate for our troops in Afghanistan and Iraq," said AAFES' Commander Maj. Gen. Kathy Frost. "Since we know phone calls home provide an instant morale boost we realize we must continue to negotiate the absolute lowest possible rates on behalf of troops in deployed locations."

As a result of these negotiations, troops in Afghanistan and Iraq who use AAFES' 200-Unit Military Exchange Global prepaid phone card through Feb. 14 will also enjoy a holiday rate of only .225 cents per minute.

The decreased rate for the 200-Unit

card is also good news for anyone who would like to send a phone card to deployed troops. The reduced rate means that prepaid phone cards purchased through the "Help Our Troops Call Home" program will provide additional talk time for troops in Afghanistan and Iraq.

"The reduced rate means that the 200-unit card will now provide more than an hour of calling time between Iraq or Afghanistan and the Continental United States while the 550-Unit card continues to provide more than three hours of time for phone calls home," said General Frost.

The, AAFES' "Help Our Troops Call Home" program has helped purchase and distribute 24,406 550-Unit Military Exchange Global Prepaid Phone cards and 7,707 200-Unit cards. The cards do not expire and or add any additional charges or connection fees.

For more information, log on to [www.aafes.com](http://www.aafes.com) and click the "Help Our Troops Call Home" link or call 800-527-2345 for more information.

## Contracting makes it happen

SOUTHWEST ASIA (AFPN) — From beans to bullets, cradle to grave, one agency at a forward-deployed location makes it all happen.

Whether it's bottled water to get Airmen through the heat of summer or vital supplies to keep the aircraft flying, the 386th Expeditionary Contracting Squadron is there to make sure the mission gets done.

"If it comes on base through nonsupply channels, we've got a hand in getting it," said Capt. Loreen Lisle, 386th ECONS commander. "We ensure civil engineering can build, maintenance can get office furniture and services can buy food."

At the beginning of their deployment, the Airmen of the contracting squadron found themselves in a unique situation — base supply was just about out of everything.

"We arrived during a buildup, so supply had issued nearly everything they had," Captain Lisle said. "That meant we had to purchase a lot of items while supply restocked."

Despite their small numbers, the workload is anything but tiny. They have handled nearly 700 contracts worth \$50 million — nearly four times the amount of the previous rotation.

## AA extends special fares for military personnel

American Airlines announced it is extending into June several special offers

available exclusively for active-duty members of the U.S. military, including discounted fares and Group One Boarding privileges. In addition, American is reducing the minimum stay requirement on its discounted military fares from Saturday night to only one night, making it even easier for military personnel and their families to qualify for a reduced fare.

American is now allowing travel on these special fares through June 5, 2005, (except Europe, Latin America and Japan, where travel is valid through May 31, 2005).

Active-duty members of the U.S. Air Force, Army, Coast Guard, Marines, Navy, National Guard and Reserves who are on leave or furlough (including those who are traveling within seven days of discharge from active service), and their spouse and dependent children are eligible for these fares.

The special military fares are available for travel to domestic and various international destinations.

For more information, including sample fares, see [http://www.aa.com/content/amrcorp/pressReleases/2005\\_01/12\\_military\\_fares.jhtml](http://www.aa.com/content/amrcorp/pressReleases/2005_01/12_military_fares.jhtml)

## Tax Tips: combat zone exclusion facts

Many servicemembers are not aware of the tax breaks they get while serving in an area that is determined to be a "Combat Zone." Chances are that if you serve or have served in a combat zone you know it. But you may not have known that any military pay earned in a combat zone that is excluded from gross income will not appear on your Form W-2 in the box marked "Wages, tips, other compensation." However, this military pay is subject to social security and medicare taxes and will appear on your Form W-2 in the boxes marked "Social security wages" and "Medicare wages and tips."

If you believe you are entitled to the military pay exclusion, but it is not reflected on your W-2, ask your service branch to issue a corrected Form W-2. In addition you may not know that telephone calls that originate within a combat zone from members of the U.S. Armed Forces serving there are exempt from the normal federal excise tax.

For more information, see [http://www.military.com/Finance/Content?file=Money\\_Tax\\_CZ.htm&area=Content](http://www.military.com/Finance/Content?file=Money_Tax_CZ.htm&area=Content)

For more on military tax breaks, visit our Military Tax Center at <http://www.military.com/Finance/Taxes/0,13397,82,00.html>



# COMMENTARY

## *We're all members of the same team*

**By Chief Master Sgt.  
Trevor Henry  
65th Air Base Wing acting  
command chief master sergeant**

As the acting wing command chief, I think this is an appropriate time to share some of my perspectives with my fellow warriors of the Lajes community. I hope this gesture will give you some insights as to what makes Chief Henry tick and in so doing, solve some of the mysteries associated with your acting wing command chief.

First, I want to express that I'm sincerely proud to be serving our great country as a chief master sergeant in the most potent Air Force in the world.

I'm also honored and very proud to be serving as your command chief in the absence of Chief Master Sgt. Cathi Durick.

It's reasonably natural for me to serve as your wing command chief because of my passion for dealing with people in good faith. I learned early in my 27 years of service that our folks appreciate and respond favorably when we clearly communicate and interact with them without any hidden agendas.

People thrive in any environment where they are treated with mutual respect, given fair and equal opportunities for professional growth and development, and included and treated as a valuable member of the team.

Because we are all responsible for the professional growth and development of all our subordinates (I emphasize all our subordinates; not just the ones we like and admire or the ones that are

friendly towards us), creating and fostering the environment mentioned above is what we should all strive for regardless of what leadership level we occupy in our unit. Why?

This is the professional environment that Air Force policies advocate; therefore, regardless of our personal inclinations, the AF objective of creating this environment should also become our objective.

One of the main reasons we are the world's number one Air Force is because of the emphasis that we have placed on people-oriented programs.

These programs create environments that are conducive for our folks to achieve their full potential and stay highly motivated to continue to operate and maintain our cutting edge, highly technical equipment and machinery so we can remain the number one Air Force in the world.

As a military organization, it goes without saying that we are guided by very high standards and required to follow all legal orders from our superior, to meet mission objectives.

We are also aware of the consequences of not meeting established standards or not complying with legal orders. However, based on time constraints, mission priority and criticality, and the maturity level of our subordinates, we have the option as to which leadership style we should use to get the job done.

When feasible, we should use the leadership style that will not just get the job done right now, but one that will, over the long term, promote ownership of pro-

cess, pride and a heightened sense of accomplishment in our folks.

This mentorship leadership approach can go a long way in enhancing the morale of our troops and help in their decision to remain a member of our professional organization.

We have made special efforts to implement various programs that look out for our overall welfare.

Programs such as Combat Wingman, Suicide Awareness and Prevention and others can become more effective if each person in a leadership role would do their part in making it our culture to create and foster an environment of fairness, mutual trust, mentorship and inclusiveness. By doing so, we would not need to implement more programs to treat symptoms of the problem.

Team Lajes, let us collectively strive to make an assignment at Lajes the highlight of each of our careers.

Let's strive to be the leader that one day our subordinates will single out and credit as the leader that had the most positive impact not only in their career but in their lives.

Remember, although we are from diverse backgrounds we are all members of the same team with the same objective in mind ... protecting the national interest of our great nation and keeping this world free from tyranny.

Team Lajes, I salute you for the excellent sense of community and teamwork attitude I've witnessed so far. I look forward to continued service with you, making Lajes truly the Air Force model of a professional team.



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Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at [news@lajes.af.mil](mailto:news@lajes.af.mil).

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## Heroes of the Sea

*Question: Why were the Portuguese once called the “Heroes of the Sea?”*

**Answer:**

The Portuguese were once called the heroes of the sea because of the discoveries and conquests they carried out some centuries ago.

During the 15th and 16th centuries, Portugal experienced a golden age of discoveries, mainly due to the push of the Portuguese kings, princes and other renowned navigators.

One of the main reasons for Portugal's expansion seawards was because it was impossible to expand or reach new markets except by sea, since the kingdoms of Castile and Aragon controlled the territory outside the land borders of Portugal at the time. This Portuguese expansion overseas resulted in the first and largest colonial empire of the 15th and 16th century.

The Portuguese empire began around 1415 when the Portuguese fleet organized by Henry the Navigator, prince of Portugal, explored the west coast of Africa and continued throughout the next century.

In 1434, Portuguese navigator, Gil Eanes, went around Cape Bojador, South of Morocco. This deed marked the beginning of the Portuguese exploration

of Africa, leading to the discovery of several uninhabited islands and the conquest of several African territories.

When the Portuguese navigator Bartolomeu Dias turned the Cape of Good Hope in Southern Africa in 1488, it opened the maritime route to India and contradicted Christopher Columbus' idea of reaching India from the west. As a result of Dias enterprise, some years later the famous Portuguese navigator, Vasco da Gama, sailed to India where he arrived in Calicut on May 20, 1498.

In 1500, Pedro Álvares Cabral sighted the Brazilian coast and ten years later Afonso de Albuquerque conquered the Indian State of Goa in the Malabar Coast, which was annexed by the Republic of India in 1962.

Besides the above mentioned territories, the Portuguese explorers also discovered or conquered other important territories in Africa, the Far East, and Southern Asia and reached China and Japan.

Of all these territories and possessions, Portugal presently only owns the archipelagos of the Azores and Madeira. All other territories were either gradually lost to their respective peoples or



granted independence after the 1974 military coup that restored democracy in Portugal that had been lost 47 years before.

The last pillar of the Portuguese empire fell when Portugal handed the territory of Macao to China in 1999 under the terms of a negotiated agreement similar to the one Great Britain made when it handed over Hong Kong.

## *Other significant discoveries and conquests*

The following is a chronological list of some of the most important Portuguese discoveries and conquests overseas which are not listed above:

### **Aug. 21, 1415**

The city of Ceuta in North Africa, an Islamic trade center is conquered.

### **1418**

Navigators João Gonçalves Zarco and Tristão Vaz Teixeira found the Island of Porto Santo.

### **1419**

Zarco disembarked on the Island of Madeira

### **1427-1432**

Most of the Azorean islands are discovered.

### **1448 and following years-**

Portuguese ships explored the Gulf of Guinea and led to the discovery of Cape Verde Islands, Fernão Pó and São Tomé and Príncipe.

### **1482**

Explorer Diogo Cão reached the Congo River.

### **1510**

Conquest of Goa, India.

### **1511**

Conquest of Malacca, Western Malaysia.

### **1517**

Fernão Pires de Andrade visited Canton, China, and opened trade with that country, where the Portuguese were allowed to occupy the territory of Macao in 1557.

# January is National Eye Care month



## Eye diseases and disorders

- **Cataracts** - cloudy areas on part or the entire eye lens. Cataracts keep light from passing through the lens, thus causing loss of eyesight. Cataracts form slowly and cause no pain, redness or tearing in the eye. If a cataract becomes large or thick, it can usually be removed by surgery.
- **Glaucoma** - too much fluid pressure inside the eye. The cause of glaucoma is unknown. If detected early, glaucoma often can be controlled and blindness prevented. Most people with glaucoma have no early symptoms or pain from increased pressure. Therefore, glaucoma testing is very important.
- **Conjunctivitis** - occurs when the tissue that lines the eyelids and covers the cornea becomes inflamed. It can cause itching, burning, tearing or a feeling of something in the eye. Conjunctivitis can be caused by infection or allergies.



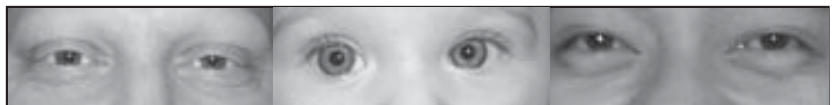
## Eye safety tips

- Always use proper lighting when reading, writing, watching television or using a computer.
- Don't point with sharp objects; you could accidentally fall or bump into something.
- Don't run or walk quickly with sharp objects in your hands.
- Don't throw pointy or sharp objects in the direction of others.
- Wash your eyes out with water if you feel like something gets in them. You can also have someone else look in your eye to get the foreign object out.



## Good eye-deas for taking care of eyes

- Have a complete eye exam and glaucoma test done every one to two years. Most eye diseases can be treated if detected early.
- If you have diabetes or a family history of eye disease, have an eye exam every year.
- See an eye doctor immediately if you have any loss or dimness of eyesight, eye pain, double vision, extreme redness or swelling of your eye or eyelid.

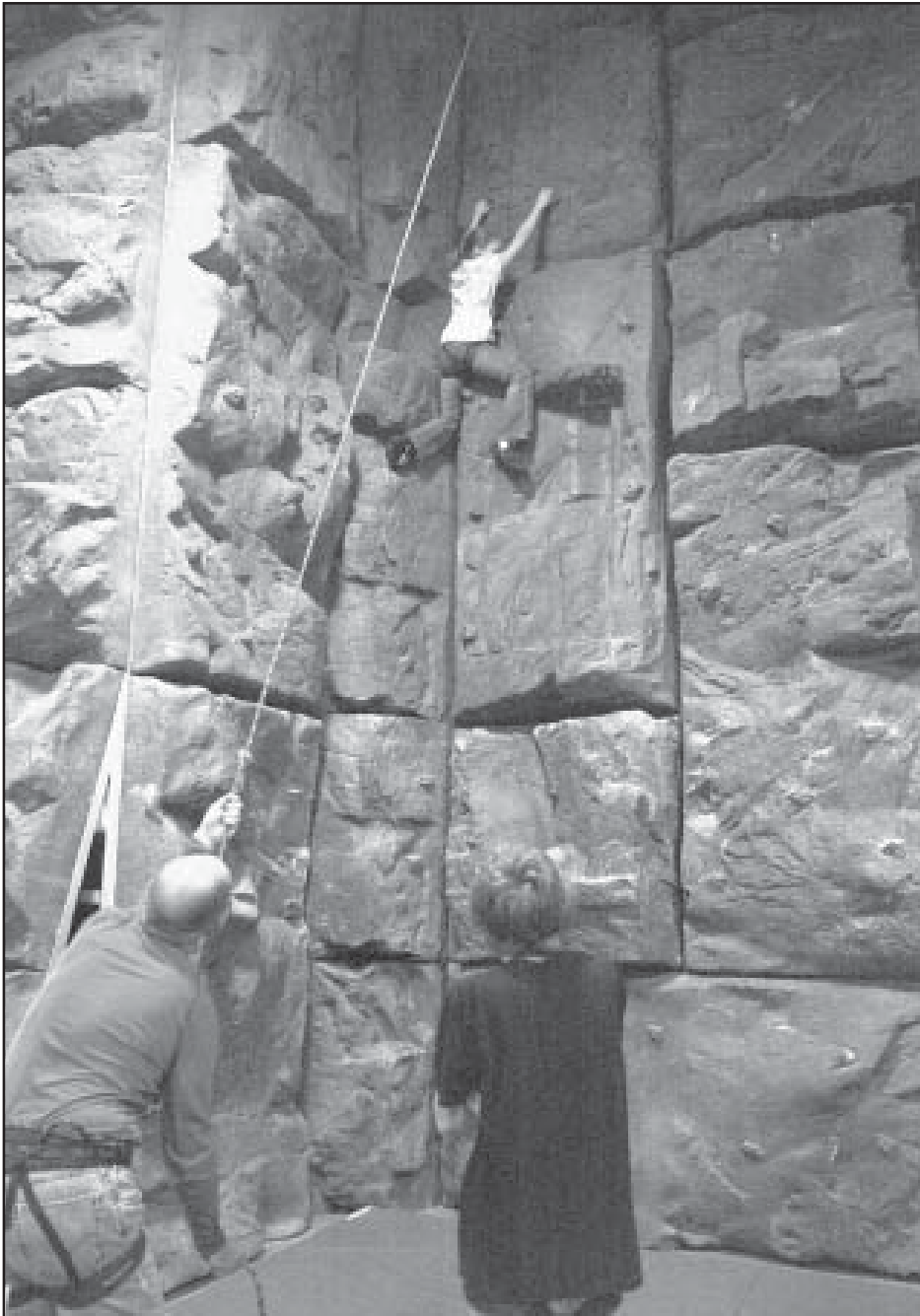


## When to schedule an appointment

- If you experience:**
- Difficulty reading small print, sewing or doing crafts.
  - Headaches or tired, burning eyes after reading or working on a computer.
  - Difficulty seeing at night or seeing street signs while driving.
  - Irritated, dry, red or sensitive eyes.
  - Spots, flashes of light or floaters in your vision.

## Common eye complaints

- **Presbyopia** - slow loss of ability to see close objects or small print. It is a normal process that happens gradually. You may not notice any change until after the age of 40. Presbyopia can be corrected with reading glasses.
- **Floaters** - tiny spots or specks that float across the field of vision. They are most often noticed when a person is in a well-lit room or outdoors on a bright day. Floaters are usually normal, however, they can be a warning sign of eye problems such as retinal detachment, especially if they happen with light flashes.
- **Dry Eyes** - occur when tear glands don't make enough tears or make poor quality tears. Dry eyes cause itching, burning, or even some loss of vision. A humidifier or eye drops may help.



## It's climbin' time

*Tori Rathbun searches for her next grip on the rock wall during a Lajes Middle School Outdoor Club function at the Chace Fitness Center Monday while Daniel Thompson, the school librarian, and Justin Warren, a high school student, spot her.*



*(Above) Ryan Goodfellow, Lajes High School teacher, helps students climb the rock wall.*

*(Left) Ryan Goodfellow helps Samantha Katz with her harness before she begins her climb Monday. (Photos by Airman 1st Class Josie Kemp)*



